

meijer healthy living

Resolution: "I will eat healthier this year!"

One of the most important things you can do to fight cancer, diabetes, heart disease and stroke is to eat a healthy diet. Eating well and being active while maintaining a healthy weight can greatly reduce your risk of disease.



Solutions at Meijer

- Eat at least 5 servings of fruits and vegetables a day. Meijer has a huge selection of fruits and vegetables and they come in fresh, frozen, canned, dried or juice form.
- Choose whole grains as much as possible. Look for whole wheat or another whole grain as the first ingredient on the label. Brown rice, whole grain breads and cereals are all found on Meijer shelves.
- Select healthier fats such as monounsaturated and polyunsaturated oils. Choose from olive, canola, and peanut oil. Also look for delicious varieties of low-fat and fat free cheese, yogurt and milk products in the dairy department.
- Manage your portions. As portion sizes increase so does your waistline. Learn what true serving sizes really are and read the food label to see how many servings are in your favorite foods.

Mealtime Ideas for Adding More Fruits and Vegetables to Your Diet

Breakfast

- For a quick fruit smoothie, blend low-fat yogurt, fruit juice, and fresh, canned or frozen fruit.
- Add raisins, berries, banana slices or chopped apple into a bowl of oatmeal.
- Add a glass of 100% juice to your morning meal.
- Keep a bowl of fresh fruit on the kitchen counter for passers-by to pick up on their way out.
- Add dried or fresh fruit to a cup of yogurt. Top with low-fat granola.
- Dress up waffles or pancakes with mashed, fresh, or frozen fruit.
- Heat cinnamon applesauce and spread on a toasted English muffin.
- Chop leftover veggies and make a vegetable and low-fat cheese omelet.
- Mix nuts with dried fruits and whole grain cereal for a quick trail mix to go.
- Make a quick fruit salad using canned Mandarin oranges, frozen blueberries and banana slices.

Lunch

- Pick up ready-made salads from our produce department for a quick and healthful lunch. Add a low-fat dressing.

- Pile spinach leaves, tomato slices, and peppers on your sandwich.
- Add a plastic bag of raw veggies like baby carrots, broccoli, pepper strips and celery to your lunch bag.
- Include a bowl of warm vegetable soup with your sandwich or salad.
- Perk up deli salads like coleslaw, chicken, or tuna with apple chunks, pineapple, or raisins. Top with chopped Planters peanuts.
- Top a baked potato with chopped vegetables and Molly McButter® Cheese Sprinkles.
- Add broccoli or cauliflower to cooked macaroni and cheese.
- Stir chopped veggies into low-fat cream cheese and spread on a whole grain bagel.
- Stuff a whole grain pita pocket with your favorite veggies, cheese and low-fat salad dressing.
- Top green salad with a variety of colorful canned Meijer beans.
- Chop carrots, celery, and onion and add to a macaroni salad for added nutrition and color.

Dinner

- Microwave Meijer frozen vegetables for a dinner side dish. Sprinkle with your favorite Mrs. Dash® seasoning.
- Add grated zucchini and carrots to jarred spaghetti sauce and toss with pasta.
- Choose a baked potato instead of fries - eat the skin.
- Sprinkle dried cherries, cranberries, sliced pears, or apple chunks onto a tossed green salad.
- Stir fresh steamed veggies into hot, cooked pasta, rice, or mashed potatoes.
- When grilling, be sure to wrap vegetables in aluminum foil and grill along side the meat. Or grill skewers of pineapple, eggplant, nectarines, zucchini or cherry tomatoes.
- Top a homemade or frozen cheese pizza with chopped veggies.
- Stir-fry fresh or frozen vegetables with lean meat or poultry. Serve over rice.
- Add Meijer frozen broccoli, green beans, or peas to a casserole.
- Add Meijer corn to burritos or tacos.
- Buy ready-to-eat packaged fresh vegetables that are already cleaned.
- Bagged salad mixes are a terrific 5 A Day timesaver. Find them in our Produce Department.

Snacks

- Add slices of fruit and ice to water for a refreshing low calorie beverage. Eat the fruit when done!
- Add chopped apples, mashed banana or grated carrots to a quick bread or muffin batter.
- Dip apples, pears, plums or celery into peanut butter.
- Eat frozen fruit such as grapes, blueberries or strawberries while still partially frozen.
- Chop and slice vegetables on the weekend and stash in the refrigerator so they're always ready. Keep low-fat ranch dressing on hand for dipping.
- Drink 100% vegetable juice such as carrot or tomato juice with a slice of lemon.
- Keep Meijer canned fruit handy in the cupboard or refrigerator for quick snacking.
- Top low-fat ice cream or frozen yogurt with fresh, frozen or canned fruit.
- Fill candy dishes with dried fruit mixed with nuts.
- Replace half the butter or margarine called for in a brownie recipe with applesauce or pureed prunes.

Keep dried fruits in your desk drawer for a healthful pick-me-up at work.

Visit www.meijer.com/healthyliving for quick & healthy dinner menus, and more nutrition tips and information.